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All-Natural **DIY Beauty**

2023

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Beauty Cabinet

Stock Your DIY Beauty Cabinet

Most DIY beauty products contain the same key ingredients, which means you can use them over and over again to create new soaps, lotions and serums. Read on to discover which essential ingredients you should have on hand.

STAPLE INGREDIENTS

essential oils

shea butter (or cocoa butter)

vitamin E oil

coconut oil

extra virgin olive oil

jojoba oil

sweet almond oil

witch hazel

apple cider vinegar
Tip: Look for bottles that contain the mother—it's the cloudy stuff at the bottom of the bottle.

liquid castille soap

colloidal oatmeal

raw honey

aloe vera gel

baking soda

Epsom salt (or Himalayan salt)

beeswax pastilles
Tip: These melt faster and are easier to use than a block of beeswax.

activated charcoal

bentonite clay

glass and ceramic bowls
Tip: Metal can decrease the effectiveness of some ingredients, so when in doubt, use wood or glass instead.

wooden spoons

glass roller bottles, spray bottles, and jars

recycled deodorant and lip balm containers
Tip: You can also buy new, empty ones online.

Always do a 48 hour test patch or consult with a physician before applying any new ingredients to your skin or making changes to your health routine.

All About Oils

Vitamin E Oil This moisturizing oil is quite potent, so a little goes a long way. It also contains antioxidant properties, which fight inflammation and slow the effects of free radicals.

Coconut Oil Containing microbial and anti-inflammatory properties, this oil is a solid at room temperature, which is why it's such a good base for creams.

Extra Virgin Olive Oil With anti-inflammatory, antioxidant, and ultra-hydrating properties, this everyday oil offers skin a whole slew of benefits.

Jojoba Oil This oil treats dry skin, makes skin more supple, and has antimicrobial properties, so it'll kill acne-causing bacteria while it moisturizes.

Sweet Almond Oil From reducing the appearance of stretch marks and scarring to its ability to improve complexion and skin tone and reduce under-eye puffiness, this oil does it all.

What Are the Different Types?

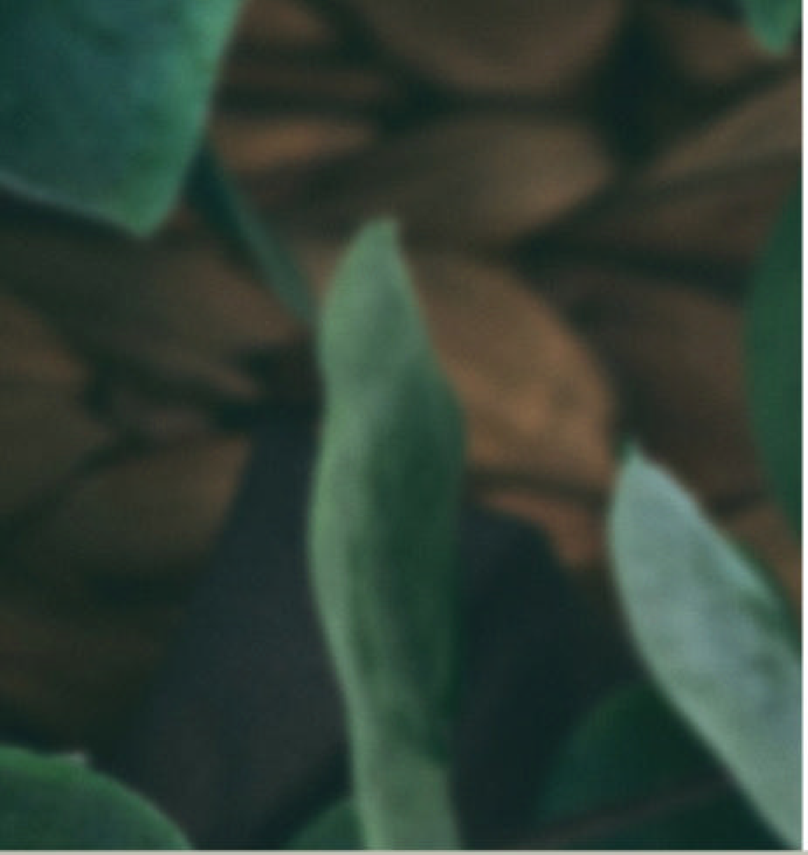
Organic Organic oil is extracted from seeds grown without the use of chemicals or pesticides.

Cold-Pressed Cold-pressed oil is extracted from seeds that are crushed and squeezed naturally.

Virgin Virgin oil is extractracted from the fresh ingredient directly, rather than its dried seed.

Fractionated Fractioned oil has been separated into different parts by heat, and is often more refined.

Where you source your essential oil from matters! Carefully read the label or research the manufacturer to ensure you're purchasing a high-quality product that's safe to use on skin.



Everything You Need to Know About Essential Oils

WHAT ARE THEY?

Essential oils are concentrated, extracted compounds from specific plants that contain the plant's scent, chemical properties, sand overall "essence," which are then combined with a carrier oil.

HOW ARE THEY MADE?

The plant is cold-pressed or dstilled using steam and/or water to capture the compounds needed to make the essential oil.

HOW DO THEY WORK?

Some plant chemicals can be absorbed by the skin, which is why applying them topically can yield results.

HOW TO STORE THEM?

Keep essential oils in a cool, dry place out of diret sunlight, and store them in amber glass bottles, rather than clear glass ones, to protect their potency.

Tea Tree

Benefits:

antiviral
antimicrobial
anti-inflammatory

Lavender

Benefits:

reduces wrinkles
evens skin tone
treats acne

Lemon

Benefits:

treats acne
relieves pain
clarifies skin

Helichrysum

Benefits:

antibacterial
antifungal
anti-inflammatory

Frankincense

Benefits:

anti-inflammatory
prevents wrinkles
reduces pore size

Patchoili

Benefits:

reduces redness
soothes eczema
anti-inflammatory

Myrrh

Benefits:

fades blemishes
soothes itchiness
tightens skin

Geranium

Benefits:

antioxidant
anti-inflammatory
conditions skin

Rosehip

Benefits:

boosts collagen
evens skin tone
hydrates dry skin

Peppermint

Benefits:

anti-inflammatory
antifungal
antimicrobial

Eucalyptus

Benefits:

antimicrobial
anti-inflammatory
antioxidant

Cedarwood

Benefits:

antioxidant
antibacterial
insect repellant

Clean

THE EGG WHITE in this recipe helps the bubbles hold their shape longer. Just make sure you store any unused bubble bath in the fridge and use it up within 5 days.

LONG-LASTING BUBBLE BATH

1 cup liquid castile soap
1 egg white
3-5 drops essential oil

Whisk all ingredients together. Drizzle under running water while filling the bath.

Mix It Up

+ 1 cup Epsom salt

Adding a cup of Epsom salts to your bubble bath mix will help relieve sore muscles.

+ ½ cup raw honey

Honey is a natural humectant, which will attract and retain moisture in your skin. It also has antibacterial and anti-inflammatory properties.

+ ¼ cup oil, such as almond, vitamin E, or coconut oil

For extra dry skin, adding 1/4 cup of oil can help. Just be extra careful when getting in and out of the tub, since oils will make your bath slippery.

RELAXING LAVENDER & PINK HIMALAYAN SALT SOAK

1 cup pink Himalayan salt

1 tablespoon dried lavender buds

1

Stir the Himalayan salt and lavender buds together in a bowl, then pour the salt mixture into a filled tub.

2

Soak for 15-30 minutes to unwind, detox, and soothe sore muscles.

EPSOM SALT works in place of Himalayan salt in a pinch, and 3-5 drops of lavender essential oil can be substituted for the dried buds.

OATMEAL BATH BOMBS

- ½ cup baking soda
- ⅛ cup colloidal oatmeal
- 2 tablespoons crushed rolled oats
- ¼ cup citric acid
- ⅛ cup Epsom salt
- 3 teaspoons almond oil
- ½-2 teaspoons witch hazel, as needed

1

Stir together the dry ingredients until there are no clumps.

2

In a separate bowl, stir together the wet ingredients.

3

While whisking continuously, slowly pour the wet ingredients into the dry ones. If the mixture begins to fizz or foam, slow down.

4

Test the consistency by scooping some up in your hand and firmly squeezing it together. It should stick together and hold its shape. If the mixture is too dry, add ½ teaspoon of witch hazel, mix, and test it again. Repeat until you have the right consistency.

5

Firmly pack the mixture into mini muffin tins and top with additional rolled oats, if desired. Allow bath bombs to dry uncovered for 8 hours, before removing from the tin.

6

To use, toss one bath bomb into a filled tub and soak for 15-30 minutes to soothe irritated or dry skin.

OATMEAL

reduces inflammation and redness.

SEAWEED

Seaweed soaks help relieve skin conditions like eczema and acne, as well as soothe muscle aches and joint stiffness.

To use, add a few large pieces of seaweed to your bath water and soak for 20-45 minutes.

ALL-NATURAL BATH

MILK

Milk contains lactic acid which is an alpha-hydroxy acid (AHA) that helps exfoliate and brighten the skin.

To use, add 1-2 cups of milk to your bath water and soak for 15 minutes.

GREEN TEA

Green tea has strong antioxidant properties which fight wrinkle-causing free radicals on the skin.

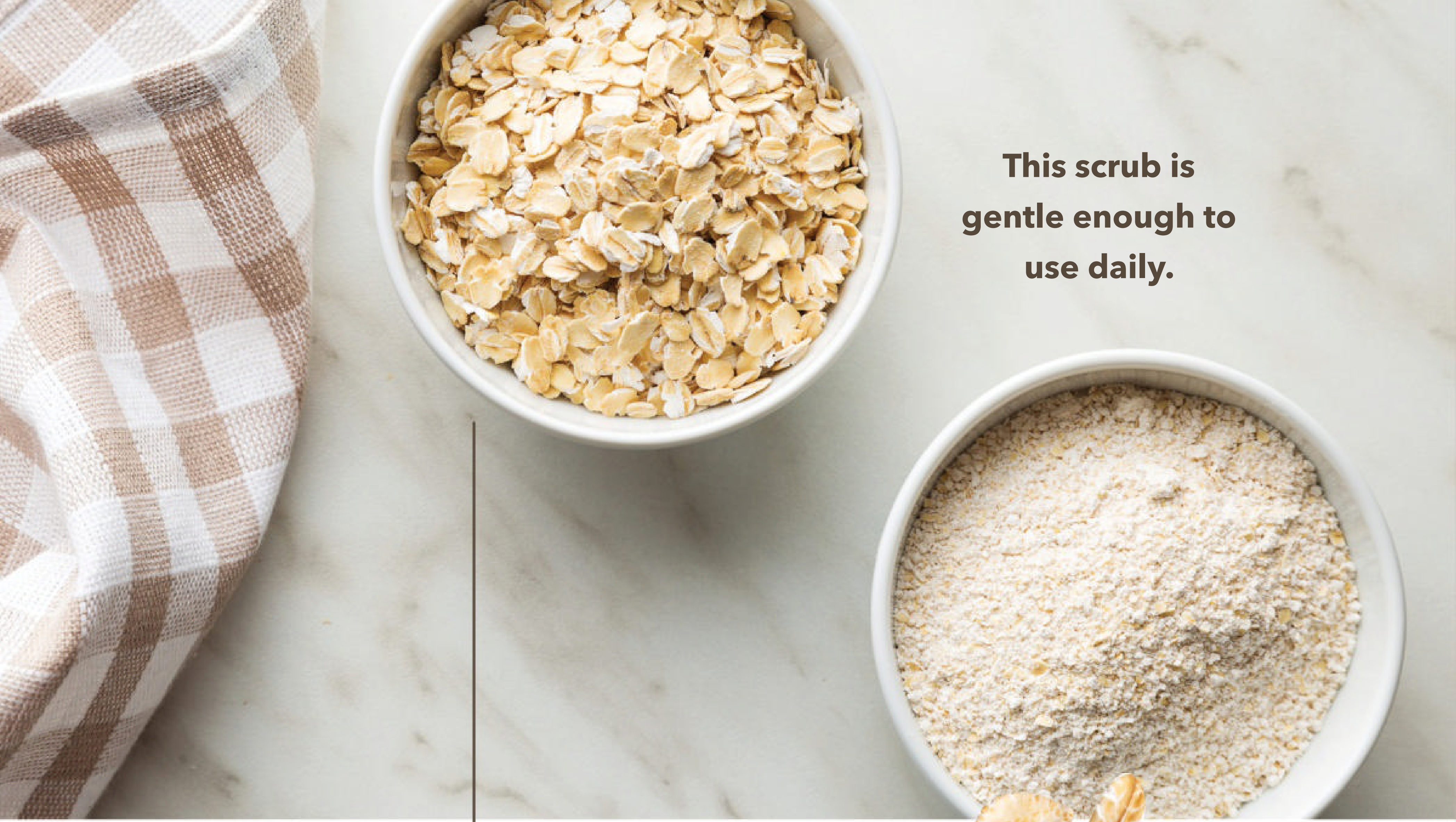
To use, steep 6 green tea bags in your bath water and soak for 15 minutes.

& SHOWER ADD-INS

EUCALYPTUS

Eucalyptus is known for its powerful scent, which can help open clogged sinuses and reduce inflammation.

To use, hang a bunch of fresh eucalyptus from your shower head and breathe in the steam.



This scrub is gentle enough to use daily.

SOOTHING OATMEAL FACE & BODY SCRUB

1 cup organic oatmeal

coffee grinder

1

In a coffee grinder, coarsely grind oatmeal. You don't want it to be a powder, but you don't want large chunks either. Store in a glass jar.

2

To use, scoop 1 tablespoon of the ground oatmeal into your palm and slightly wet it to form a paste. Avoiding sensitive areas like the eyes, gently scrub the paste over your face or body using small, circular motions, then rinse completely with warm water.

ROSE & SALT BODY SCRUB

- ¾ cup fine grain pink Himalayan salt
- ¼ cup coconut oil
- 1 tablespoon dried rose petals (optional)
- 5 drops rose essential oil

1

Mix the Himalayan salt and coconut oil together in a bowl using your hands. The warmth from your hands will help melt the coconut oil so it combines more easily.

2

Add the essential oil and dried rose petals, then mix again. Transfer to a glass jar.

3

Before using, allow the warm water from your shower or bath to soften your skin for a few minutes. Then apply the salt scrub to your body and gently scrub your skin using small, circular motions. Rinse off, then continue with the rest of your bathing routine.

Salt scrubs are more abrasive than sugar scrubs, so if you have sensitive skin, swap the Himalayan salt for granulated sugar.

SCENT SUGGESTION FOR HER

5 drops rosehip essential oil

+

5 drops lavender essential oil

+

2 drops geranium essential oil

SCENT SUGGESTION FOR HIM

5 drops sandalwood essential oil

+

5 drops cedarwood essential oil

+

2 drops rosemary essential oil

Homemade Body Wash

½ cup liquid castile soap
½ cup raw honey
½ cup oil, such as almond, olive, or vitamin E oil
20 drops essential oil

1

Slowly mix all ingredients by hand to avoid creating bubbles, then store in a glass pump container.

2

To use, squirt a couple of pumps of body wash onto your loofah or wash cloth before washing like normal, then rinse completely.

IF YOU'D PREFER to use shea butter or coconut oil, melt it in the microwave before stirring it in.

SKIN-SOOTHING SHAVING CREAM

½	cup coconut oil
½	cup shea butter
⅛	cup olive oil
⅛	cup raw honey
4	drops tea tree essential oil

1

In a double boiler over medium heat, melt the coconut oil and shea butter while stirring continuously. Remove from heat and allow to cool for 3-5 minutes.

2

Stir in the olive oil, honey, and essential oil.

3

Place the mixture in the freezer for 5-10 minutes to help it firm up a bit. The consistency should be slightly thicker than toothpaste and hold an indent when you press your finger in it.

4

Remove from the freezer, then use an electric hand mixer to whip the shaving cream into a smooth and fluffy texture. Store in a glass jar.

THE POWERFUL COMBO of honey and tea tree essential oil kills bacteria on your skin to help ward off razor burn.

FOAMING HAND SOAP

¼ cup liquid castile soap

¾ cup water

20 drops essential oil

1

Start by pouring the liquid castile soap into your foam dispenser.

2

Next drop in your essential oil and give it a stir.

3

Lastly, add water. Screw on the lid and shake.

If you prefer more suds, add ⅛ extra liquid castile soap at a time until you reach the desired lather.

Mix It Up

To fight pimples

add 5 drops of either tea tree or lemongrass essential oil.

To reduce scarring

add 5 drops of frankincense essential oil.

To soothe dry skin

add 3-4 drops of vitamin E oil.

To reduce inflammation

substitute the water with 2 tablespoons of brewed chamomile tea.

FACE WASH FOR ALL SKIN TYPES

¼ cup liquid castile soap

¼ raw honey

1 tablespoon oil, such as almond, olive or avocado oil

2 tablespoons water

1

In a glass pump bottle, add the water. Starting with the water prevents bubbles.

2

Then add the castile soap, honey, and oil, tightly close the bottle, and gently shake until the honey is fully dissolved.

3

Gently shake the face wash before each use. Squirt a pump or two onto your hands and gently scrub your face using small, circular motions before rinsing completely.

The best time to dry brush is right before a shower.

COCONUT OIL MOISTURIZER

½ cup coconut oil

Essential oils (see suggestions below)

1

Place coconut oil in a glass jar.

2

Add preferred essential oils and mix with a spoon. Leave this jar at room temperature and apply directly after shower for best results.

SCENT SUGGESTION FOR HER

5 drops lemon essential oil

+

5 drops rosemary essential oil

SCENT SUGGESTION FOR HIM

5 drops oregono essential oil

+

5 drops cedarwood essential oil

IF YOU'D PREFER

you can use fractionated coconut oil instead.

EXTRA NOURISHING BODY LOTION

- ½ cup jojoba oil
- ½ cup aloe or distilled water
- 1 tablespoon beeswax
- 1 tablespoon shea butter (optional)

1

Place oil, wax and shea butter (if using) in a double boiler. Stir until completely melted.

2

Place melpted ingredients into a small glass or metal bowl. Let cool to room temperature.

3

Once cooled, slowly add your (aloe or distilled water), plus optional ingredients, while mixing with an immersion blender. Blend until creamy.

4

Place into glass jar with a lid and store into the fridge for up to one month.

For a lighter lotion, omit the butter and replace with aloe.

Homemade Deodorant

4 tablespoons fractionated coconut oil
1½ tablespoons beeswax pellets
1 tablespoon shea butter
4 teaspoons bentonite clay
20 drops essential oils of choice
1 empty deodorant stick container

1

Using a double boiler, melt coconut oil. Add in beeswax and combine completely with oil.

2

Once the coconut oil and beewax are combined, add in shea butter. Remove from heat and stir until there are no clumps.

3

Add in essential oils of choice. Mix.

4

Pour the mixture into the deodorant container. Let sit on counter for 5 minutes, then place in freezer for 15 more minutes or until completely solid. Store on counter or in fridge.

Rosemary and tea tree essential oils are perfect for antibacterial and antifungal. Use with or without other oils for scent.

ARMPIT DETOX

1 tablespoon bentonite clay
2 teaspoons apple cider vinegar

1

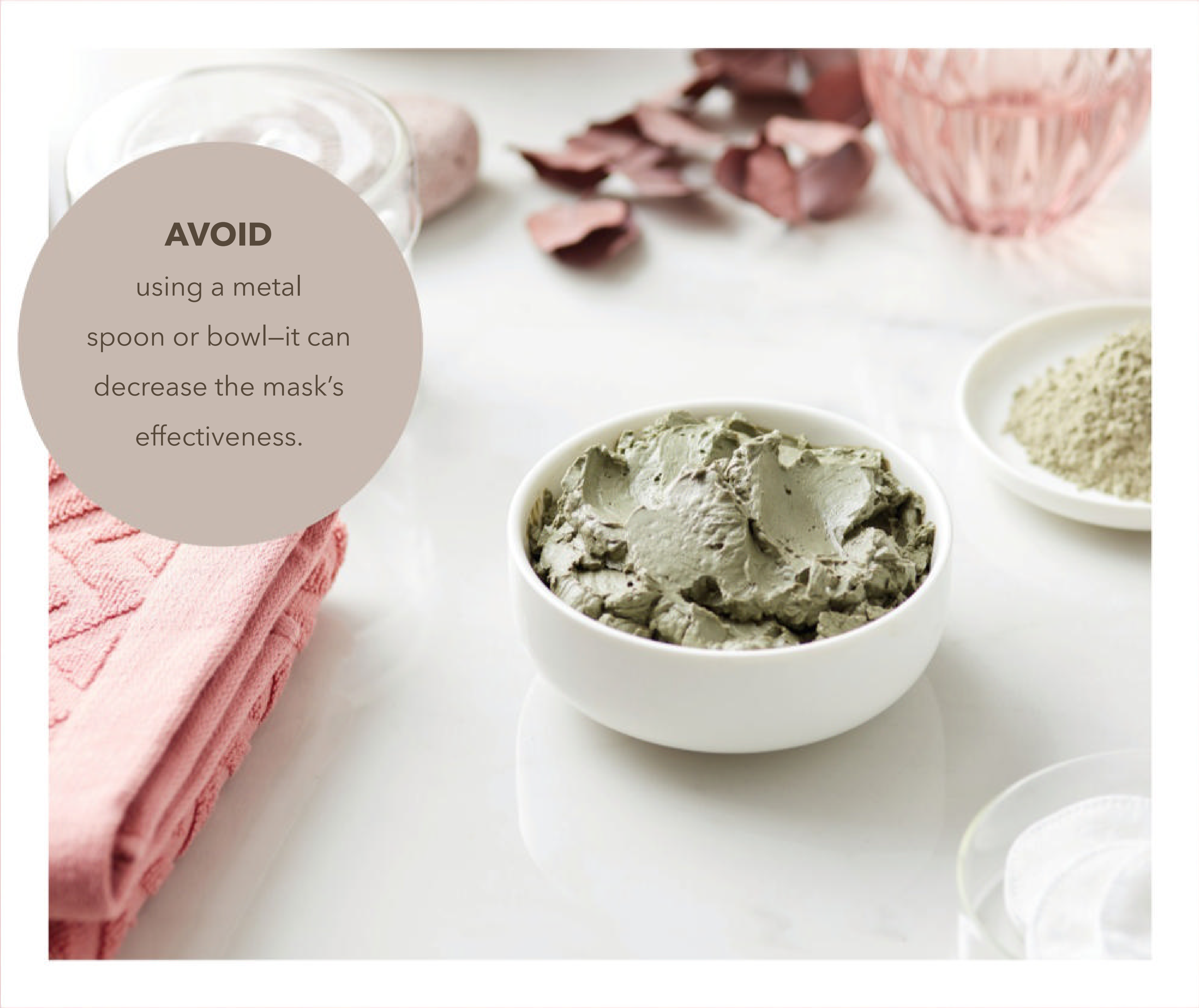
Mix ingredients until smooth in a glass bowl with a wooden or plastic spoon.

2

If too thick, feel free to add a little bit of water.

3

Apply, avoiding the eye area. Let sit for 5-20 minutes. If this is your first time, start with 5 minutes and work your way up to 20.



AVOID
using a metal spoon or bowl—it can decrease the mask's effectiveness.

How to Prevent Razor Burn

After shaving, apply one of these ingredients to help soothe irritated skin and keep razor burn at bay:

Aloe vera, which soothes and heals irritated skin.

Coconut oil, which has anti-inflammatory and antiseptic properties.

Sweet almond oil, which is a great natural moisturizer.

Witch hazel, which is an astringent with anti-inflammatory properties.

Apple cider vinegar, which has antiseptic and anti-inflammatory properties.

Colloidal oatmeal bath, which has moisturizing and anti-inflammatory properties.

CELLULITE REDUCING SCRUB

1 cup ground coffee

½ cup coconut oil (or more if preferred)

½ tablespoon cinnamon

1 cup sugar

1

In a double boiler, melt the coconut oil stirring until it's melted. Remove from heat. Allow to cool, slightly.

2

Add coffee, sugar and cinnamon. Mix until well blended. Store in a glass container. For best results, apply 2-3 times per week.

Coconut oil moisturizes your skin and makes it soft, while the coffee and sugar act as an exfoiliator.

IF YOU'D PREFER

Feel free to add essential oils, such as pepperment or tea tree oil.

ECZEMA CALMING CREAM

½	cup coconut oil
½	cup shea butter
¼	cup colloidal oatmeal
1	tablespoon raw honey
5	drops tea tree essential oil

1

In a double boiler over medium heat, melt the coconut oil and shea butter while stirring continuously. Remove from heat.

2

Stir in the oatmeal, honey and both essential oils.

3

Transfer to a glass jar and allow to cool.

4

To use, apply to affected areas after bathing or as needed.

If you prefer a whipped consistency, you can mix the cream with a hand mixer as it cools.

HEALING SCAR SERUM

- 8 drops vitamin E oil
- 8 drops helichrysum essential oil
- 6 drops lavender essential oil
- 6 drops frankincense essential oil
- 6 drops myrrh essential oil
- 4 drops geranium essential oil
- 4 drops rosehip seed essential oil
- 4 drops patchouli essential oil

1

Combine all ingredients in a glass roller bottle or dropper.

2

Apply to the scar twice daily for 6-12 weeks.

FOR EXTRA CALLUS-SOFTENING POWER,

apply apple cider vinegar using a cotton ball to feet before bed and wrap your feet in plastic wrap; remove plastic and rinse feet in the morning.

Callus Softening Soak

1 gallon warm water
1 cup warm milk
3 tablespoons baking soda

1

Fill a large basin with warm water and warm milk.

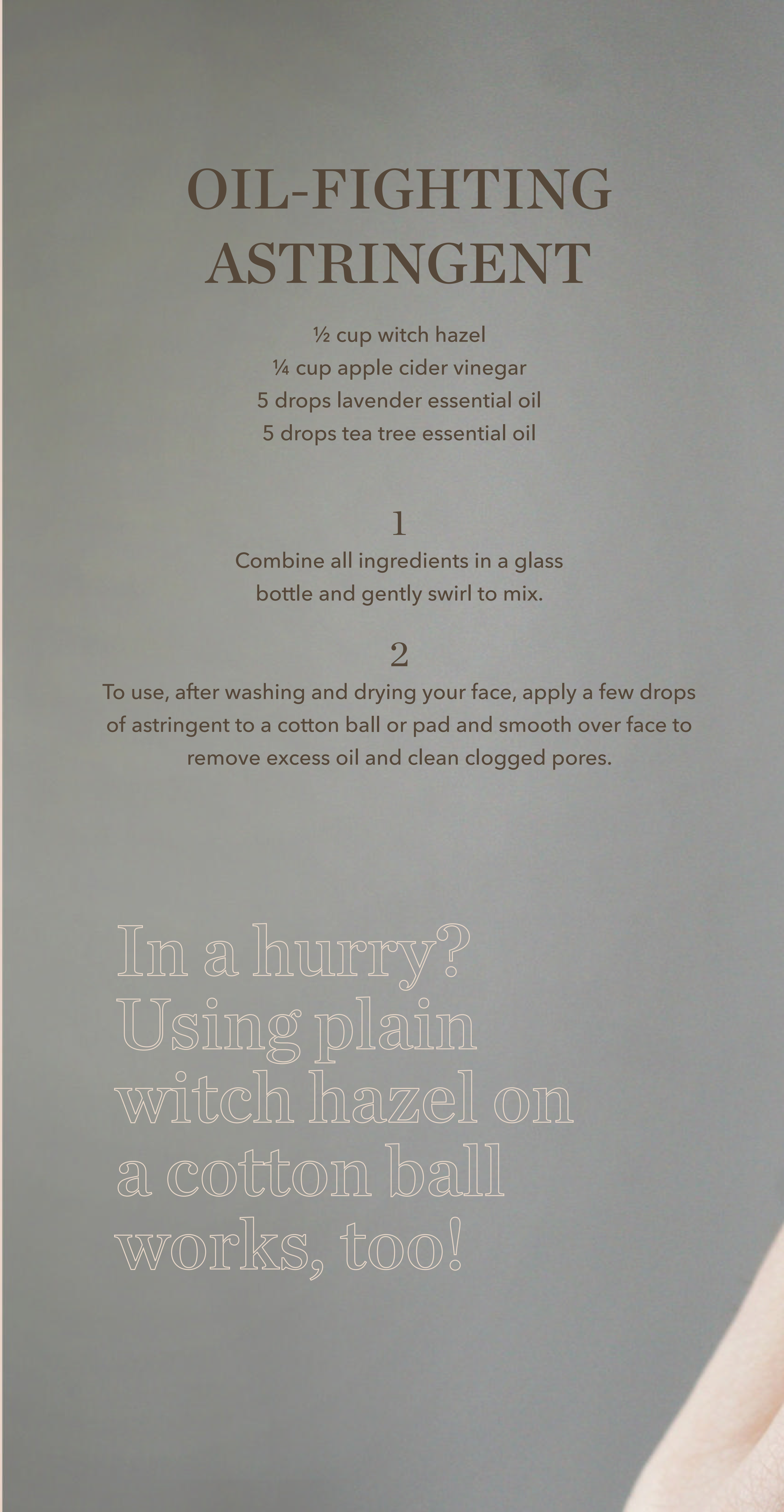
2

Add in baking soda and allow it to dissolve.

3

Soak your feet in the mixture for 15-20 minutes to soften calluses.

Skincare



OIL-FIGHTING ASTRINGENT

½ cup witch hazel
¼ cup apple cider vinegar
5 drops lavender essential oil
5 drops tea tree essential oil

1
Combine all ingredients in a glass bottle and gently swirl to mix.

2
To use, after washing and drying your face, apply a few drops of astringent to a cotton ball or pad and smooth over face to remove excess oil and clean clogged pores.

In a hurry? Using plain witch hazel on a cotton ball works, too!

LOOK FOR

spray bottles with nozzles that create a fine spray to help cover the face more evenly.

HYDRATING ROSEWATER FACE MIST

1½ cups distilled water

2-3 large fresh red or pink rose buds

2 tablespoons aloe vera gel

1

Remove rose petals from stems and add to a small pot. Pour distilled water on top and bring to a boil. Boil for 10 minutes.

2

Strain water and pour into a glass spray bottle. While the rosewater is still warm, stir in the aloe vera and essential oils.

3

Apply a few sprays to the face whenever you need to hydrate or feel refreshed.

FACE MOISTURIZER

½ cup shea butter
1 tablespoon argan oil
1 tablespoon aloe vera gel
5 drops frankincense essential oil

1

In a double boiler on the stove over medium heat, melt the shea butter.

2

Stir in the argan oil and remove from heat. Allow to cool for 1-2 minutes.

3

Add the aloe vera gel and essential oil. Stir until well-mixed, then transfer to a glass jar.

4

To use, smooth over your face and neck both morning and night, or any time more moisture is needed.

Depending on your skin's needs, you can substitute any essential oil of your choice.

BRIGHTENING VITAMIN C SERUM

1 tablespoon vitamin C powder
1 tablespoon distilled water
1 tablespoon aloe vera gel

1

Whisk vitamin C powder and water together until completely dissolved, then whisk in the aloe vera gel.

2

Pour the serum into a dark amber bottle—this helps maintain the serum's pH level.

3

Shake bottle to mix before applying all over your clean face before bed.

You can find vitamin C powder online and at most health stores.

PUFFY EYE RESCUE COFFEE CUBES

Caffeine stimulates Using regular ground coffee beans (not decaf), brew a strong pot of coffee. Allow to cool for a few minutes, then pour coffee into an ice cube tray. Place in freezer 1-2 hours or until frozen. To use, close your eyes and gently rub a coffee cube around your entire eye area for 3-5 minutes.

EYE PUFFINESS

PUFFY EYE QUICK FIX TEA BAGS

In a hurry? You can also soak a green tea bag in water, pop it in the freezer for 5 minutes to chill, and then press it underneath your eye to help reduce puffiness, since green tea is also high in caffeine.

CHARCOAL PEEL-OFF MASK

¼-⅓ teaspoon activated charcoal

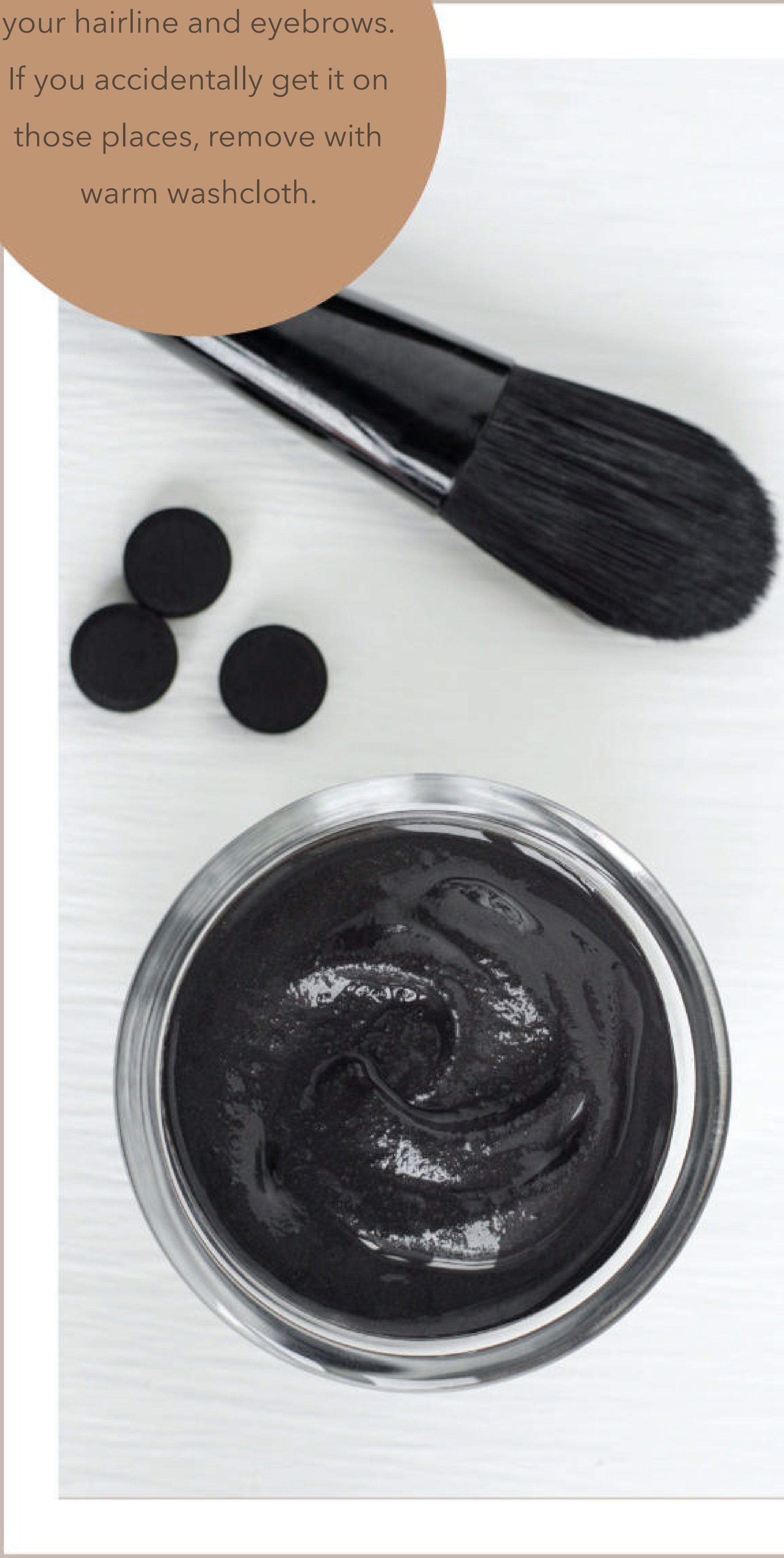
¼ teaspoon bentonite clay

1 teaspoon non-flavored gelatin

2 drops tea tree essential oil

2 teaspoon boiling hot water

AVOID
your hairline and eyebrows. If you accidentally get it on those places, remove with warm washcloth.



1

Using a glass or ceramic bowl, pour in activated charcoal.

2

Next, add bentonite clay and gelatin. Mix until blended.

3

Add boiling water and mix well with a silicone or wooden spoon until all clumps are removed. Add 1 drop of tea tree oil and mix again.

4

Immediately apply mask and allow to dry 20-30 minutes or until mask is fully dry.

5

To remove, slowly begin peeling near edge until it's all gone. Use a warm washcloth to help remove any remaing mask bits.

6

Follow up with toner of choice.

NEED A QUICK SPOT TREATMENT?

Just dab some raw honey on the blemish to fight bacteria, calm inflammation, and reduce redness.

ACNE-FIGHTING FACE MASK

¼ cup plain kefir

1 tablespoon raw honey

1

Combine kefir and honey in a bowl and mix well.

2

Avoiding the eye area, apply an even layer all over your freshly cleaned face; let dry for 15 minutes.

3

Rinse off the mask, then pat your face dry.

You can also use your derma roller in conjunction with a serum to boost its penetration. Just apply the serum before derma rolling.

HOW TO USE A DERMA ROLLER

Before you start, make sure both your face and the derma roller are clean. You can sterilize your derma roller with rubbing alcohol. To use, lightly roll the needles across your face in long strokes. You'll need to cover the area of your face three times: first using vertical strokes, next using horizontal strokes, and lastly using diagonal strokes.

BENEFITS OF DERMA ROLLING

The tiny needles create microscopic tears in your skin, but don't worry—it's not as scary as it sounds. These micro-injuries promote the production of collagen and elastin, which helps your skin heal and leaves it looking tighter and plumper than before.

PIGMENT-LIGHTENING MASK

½ tablespoon turmeric
1 tablespoon raw honey
½ teaspoon milk

1

Combine turmeric, honey, and milk in a bowl and mix well.

2

Avoiding the eye area, apply an even layer all over your freshly cleaned face; let dry for 15 minutes.

3

Rinse off the mask, then pat your face dry.

TURMERIC inhibits the skin's production of melanin, while the lactic acid in milk is an alpha-hydroxy acid (AHA) that gently exfoliates the top layer of skin.

Anti-Aging Serum

- 2 tablespoons jojoba oil
- 3 drops of vitamin E oil
- 3 drops lavender essential oil
- 3 drops frankincense essential oil

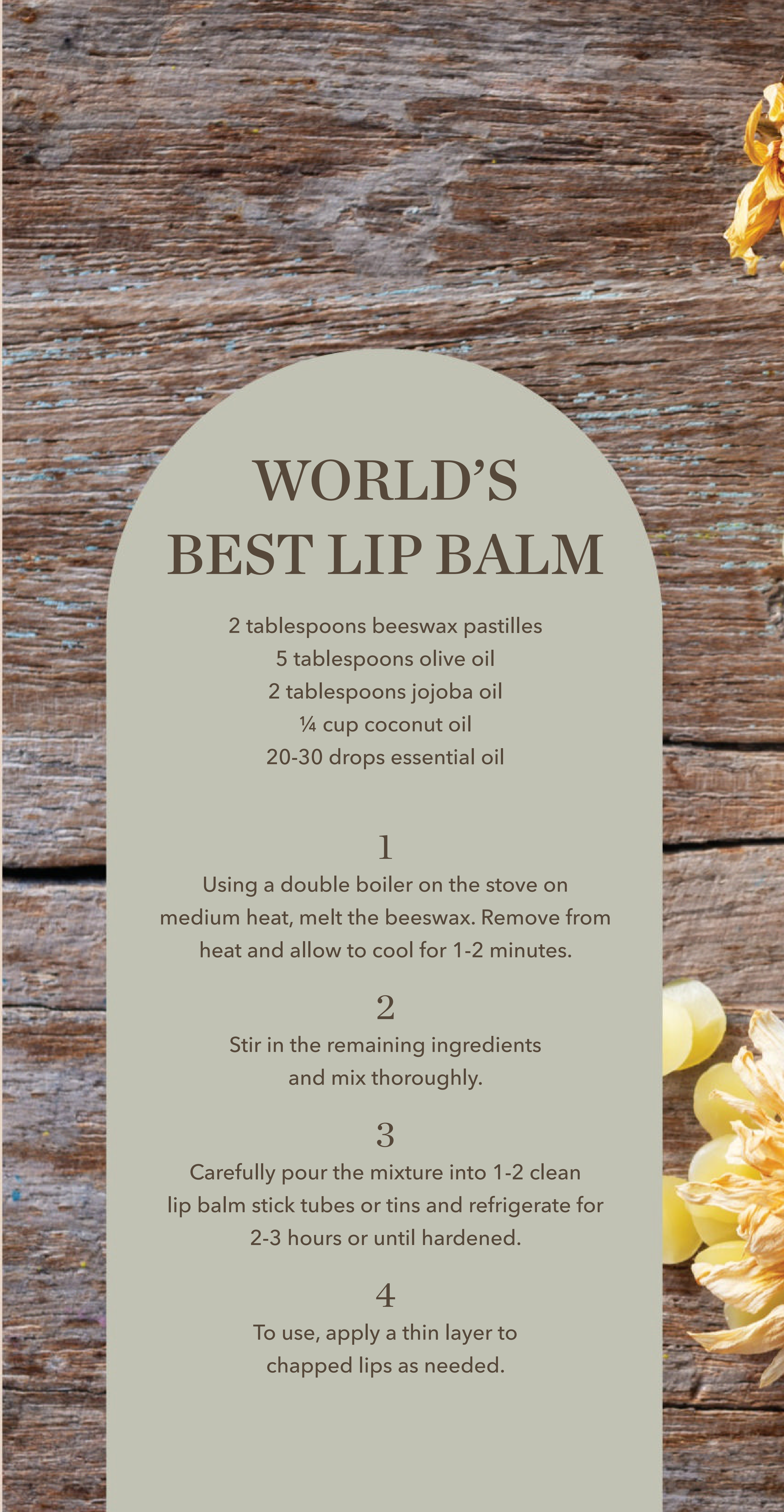
1

Combine all of the ingredients in a bowl and mix well. Store the serum in a glass dropper bottle.

2

To use, smooth 3-5 drops of the serum over your face and neck before bed.

Vitamin E & lavender oil both help reduce the look of fine lines and wrinkles, while frankincense helps tone and lift the skin.



WORLD'S BEST LIP BALM

2 tablespoons beeswax pastilles
5 tablespoons olive oil
2 tablespoons jojoba oil
¼ cup coconut oil
20-30 drops essential oil

1

Using a double boiler on the stove on medium heat, melt the beeswax. Remove from heat and allow to cool for 1-2 minutes.

2

Stir in the remaining ingredients and mix thoroughly.

3

Carefully pour the mixture into 1-2 clean lip balm stick tubes or tins and refrigerate for 2-3 hours or until hardened.

4

To use, apply a thin layer to chapped lips as needed.

ALL-NATURAL TOOTHPASTE

3 teaspoons baking soda
1 teaspoon sea salt
¼ cup coconut oil
2 drops peppermint essential oil (optional)

1

Combine baking soda and sea salt in a bowl and mix thoroughly.

2

Add softened coconut oil and peppermint essential oil to the bowl and stir/mash the mixture with a fork until combined. It should have a paste-like consistency.

3

Cover and store in a cool, dark place for up to 3 weeks.

4

To use, apply a pea-sized amount to your toothbrush and brush your teeth like normal, then rinse them clean with warm water.

For whitening power, add ½ teaspoon of turmeric powder.

YOUR "PERFECT MATCH" FOUNDATION

1 teaspoon shea butter
1 teaspoon jojoba or argan oil
2 drops vitamin E oil (3 for dryer skin)
½ teaspoon beeswax pastilles
1 teaspoon aloe vera gel
½ teaspoon arrowroot powder
2 teaspoons zinc oxide
⅛-¼ teaspoon nutmeg and/or cocoa powder, depending on your coloring

1

In a double boiler on the stove over medium heat, combine the shea butter, jojoba oil, vitamin oil, and beeswax pastilles until melted.

2

Remove from heat, then stir in the aloe vera gel until blended.

3

Stir in the zinc oxide and arrowroot powder.

4

Stir in nutmeg and/or cocoa powder a tiny pinch at a time until you've reached your desired color. Transfer to a glass jar and let cool.

5

To use, apply a small amount all over face as needed with a sponge.

GET HEAVIER COVERAGE by adding more arrowroot powder.

CUSTOMIZED BRONZER

2 teaspoons arrowroot powder (or cornstarch)

1 teaspoon cocoa powder

1 teaspoon nutmeg

3-5 drops lavender essential oil

1

Combine the arrowroot powder, cocoa powder, and nutmeg in a bowl and mix thoroughly.

2

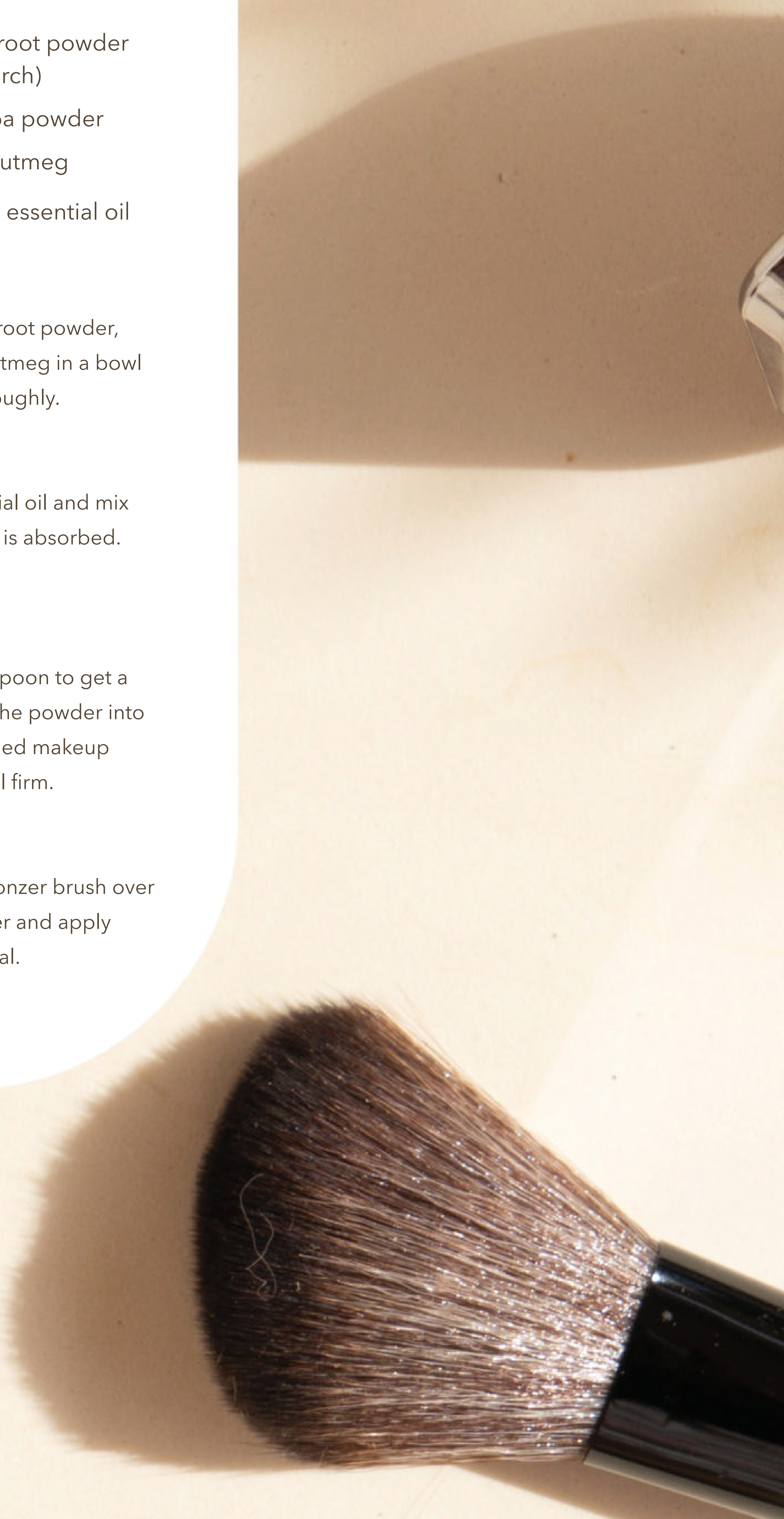
Add lavender essential oil and mix until all of the liquid is absorbed.

3

Using the back of a spoon to get a smooth surface, pack the powder into a small jar or recycled makeup compact until firm.

4

To use, lightly dust a bronzer brush over the pressed powder and apply like normal.



IN ADDITION to skincare benefits—like fighting wrinkles—the lavender oil helps the bronzer stay firmly packed into your jar, rather than easily crumbling into a powder.

ALL-NATURAL BLUSH

½ teaspoon arrowroot powder
⅛ teaspoon cocoa powder
½ teaspoon ground rose petals
3-5 drops lavender essential oil

1

Combine the arrowroot powder, cocoa powder, and ground rose petals in a bowl and mix thoroughly.

2

Add lavender essential oil and mix until all of the liquid is absorbed.

3

Using the back of a spoon to get a smooth surface, pack the powder into a small jar or recycled makeup compact until firm.

4

To use, lightly dust a blush brush over the pressed powder and apply like normal.

Mix It Up

For a darker pink shade

add ¼ teaspoon beetroot powder.

For an orange-toned hue

add ¼ teaspoon turmeric powder.

For a golden tint

add ¼ teaspoon ginger root powder.

SMUDGE-PROOF MASCARA

1½ teaspoons beeswax pastilles
1 tablespoon coconut oil
2 tablespoons aloe vera gel
½ teaspoon bentonite clay
1 teaspoon activated charcoal

TO MAKE BROWN MASCARA
use ½ teaspoon of cocoa powder instead of the activated charcoal.

1

In a double boiler on the stove over medium heat, combine the beeswax, coconut oil, and aloe vera gel and stir until fully melted.

2

Add the activated charcoal and stir until mixed completely.

3

Using a funnel or a small pastry bag, transfer the mixture into an empty mascara tube or glass jar. Store in the fridge for 1-2 hours to set.

4

To use, coat your mascara wand with the mixture and apply to your lashes like normal.

Want to go matte? Just skip the mica powder.

Shimmery Eyeshadow

½ teaspoons arrowroot powder

Pinch of mica powder

Assorted spices, such as cocoa powder, nutmeg, ginger root, or turmeric

¼ teaspoon coconut oil

1

Place arrowroot and mica powder in a small bowl, then add spices one pinch at a time until you reach your desired color. Stir to combine.

2

Melt the coconut oil in the microwave, then add it to the bowl nd mix until all of the oil is absorbed.

3

Using the back of a spoon to get a smooth surface, pack the powder into a small jar or recycled eyeshadow compact until firm.

4

To use, lightly dust an eyeshadow brush over the pressed eyeshadow and apply like normal.

MOISTURIZING LIP TINT

1 teaspoons beeswax pastilles
1 teaspoon shea butter
1 teaspoon coconut oil
2 drops vitamin E oil
¼ teaspoon beetroot powder

1

In a double boiler on the stove over medium heat, combine the beeswax, shea butter, coconut oil, and vitamin E oil until melted. Remove from heat.

2

Stir in the beetroot powder until fully mixed.

3

Pour mixture into an empty, new lipstick tube or tin. Leave a little extra room at the top, since the mixture will expand slightly when it cools. Allow it to harden for 1-2 hours.

4

To use, apply to lips like normal.

Mix It Up

For a deep red color

add ½ teaspoon rose clay powder.

For a darker pink color

add a pinch more beetroot powder.

For a lighter pink color

add ¼ teaspoon strawberry powder.

For an orange-y hue

add ¼ teaspoon turmeric.

For a brown color

add ¼ teaspoon cocoa powder.

For a more opaque, matte look, add ½ teaspoon of zinc oxide.

MAKEUP SETTING SPRAY

- 2 tablespoons rosewater
- 2 tablespoons vegetable glycerin
- 1 tablespoon witch hazel
- 1 tablespoon aloe vera gel

1

Use a funnel to combine all of the ingredients into a glass spray bottle, and shake thoroughly to mix.

2

To use, spritz a thin layer all over your face after applying makeup to help it last longer.

Flip to page 42 to learn how to make your own rosewater.

Plain aloe vera gel or a combo of witch hazel and water can also work as makeup removers in a pinch.

MAKEUP REMOVER

2	tablespoons witch hazel
2	tablespoons jojoba oil
1	tablespoon aloe vera gel
1	tablespoon rosewater

1

Use a funnel to combine all of the ingredients into a lidded glass jar, and shake vigorously to mix.

2

To use, apply a small amount to a cotton pad and wipe it gently over your face and eye area to remove makeup.

HEALTHY HAIR SHAMPOO

½ cup water
½ cup of castile soap
½ teaspoon of argan oil
15 drops essential oils

1

Use a funnel to combine all of the ingredients into a container, and shake vigorously to mix.

2

To use, apply a quarter-sized amount to your palm and wash hair like normal. Even though the shampoo will feel a lot more watery and a bit less sudsy than store-bought varieties, a little goes a long way.

For oily hair, substitute argan oil with aloe vera juice. For dry hair, substitute water with fresh coconut milk.

APPLE CIDER VINEGAR CONDITIONING RINSE

1 cup distilled water

2 tablespoons apple cider vinegar

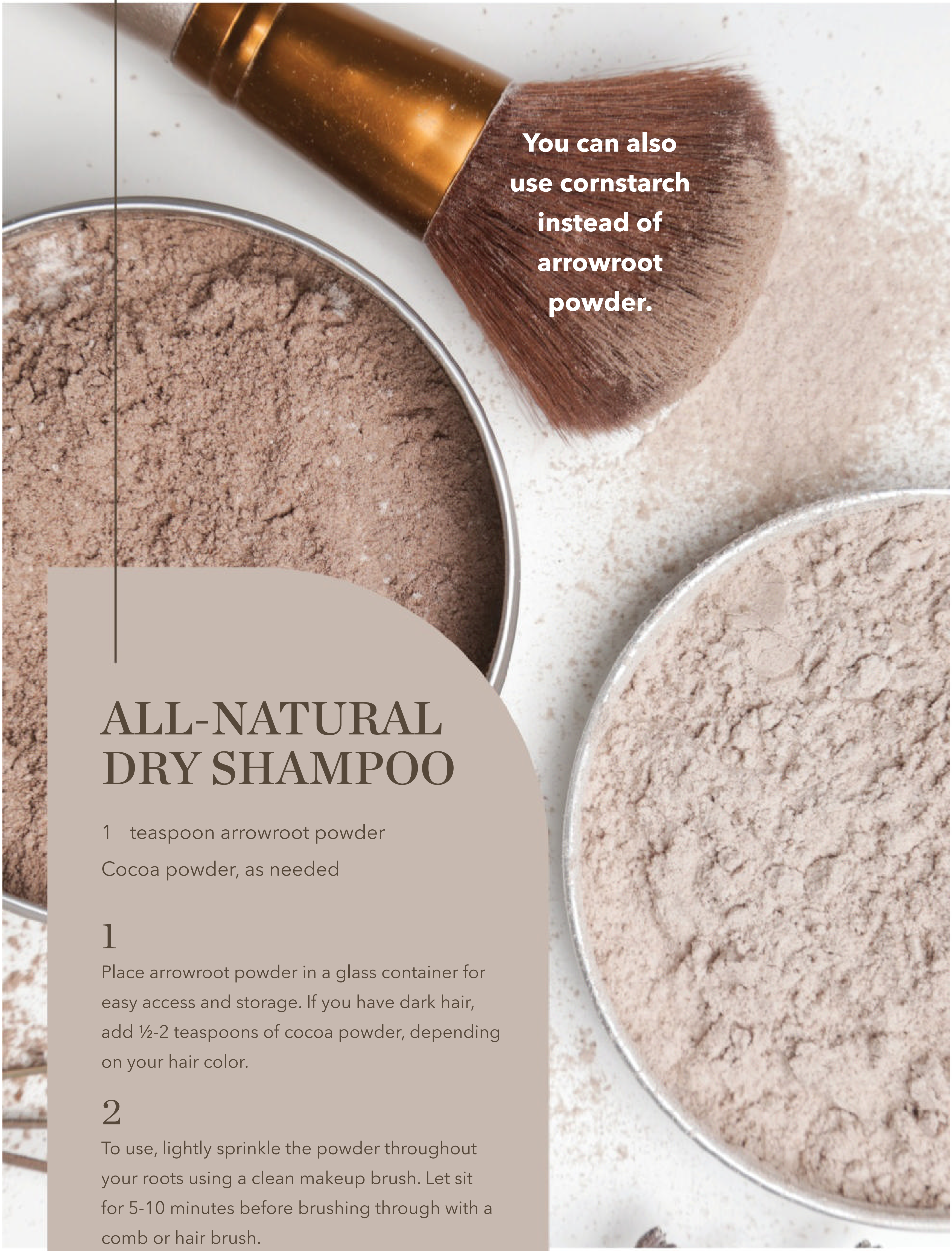
1

Use a funnel to combine the ingredients into a container and shake vigorously to mix.

2

To use, pour over freshly washed hair from roots to tips and let sit for 2-3 minutes before rinsing out. Dry hair like normal.

> Apple cider vinegar restores the pH balance of your hair, which makes it shinier and less frizzy.



You can also use cornstarch instead of arrowroot powder.

ALL-NATURAL DRY SHAMPOO

1 teaspoon arrowroot powder
Cocoa powder, as needed

1

Place arrowroot powder in a glass container for easy access and storage. If you have dark hair, add ½-2 teaspoons of cocoa powder, depending on your hair color.

2

To use, lightly sprinkle the powder throughout your roots using a clean makeup brush. Let sit for 5-10 minutes before brushing through with a comb or hair brush.

Beard Balm

¼	cup coconut oil
3	tablespoons beeswax pastilles
20-30	drops essential oil
5	tablespoons olive oil

1

In a double boiler over medium heat on the stove, combine coconut oil, beeswax and olive oil until fully melted.

2

Remove from heat and add essential oil.

3

Pour into a clean deodorant stick tube and let cool to room temp without lid.

4

To use, lightly rub over beard and facial hair to condition and smooth.

If your beard tends to be coarse or dry and needs extra care, replace 2 tablespoons of olive oil with vitamin E.

DETANGLING SPRAY

- 2 tablespoons marshmallow root
- 2 cups water
- 2 tablespoons aloe vera gel
- ½ teaspoon jojoba oil

1

In a small pot, bring the marshmallow root and water to a low boil for 5-10 minutes, or until about half the liquid remains.

2

Remove from heat and carefully pour the liquid into a small bowl over a strainer. Discard the marshmallow root, and allow the liquid to cool for 20-30 minutes.

3

Use a funnel to pour the marshmallow root liquid, aloe vera gel, and jojoba oil into a glass spray bottle and mix thoroughly.

4

To use, liberally spray all over wet hair to reduce frizz and making brushing out tangles easier.

STORE
it for up to 6 weeks
in the fridge.

MOISTURIZING HAIR MASK

1 ripe banana

¼ cup plain yogurt

2 tablespoons honey

1 tablespoons olive oil (or coconut oil)

1

In a small bowl, mash peeled, ripe banana with yogurt until fully mixed.

2

Stir in honey and olive oil until combined.

3

To use, apply liberally to dry or wet hair, coating each strand from root to tip. Cover with a shower cap or towel and let sit for 20-45 minutes before rinsing out with shampoo and water.

SHINE SPRAY

1 cup rosewater

2 tablespoons aloe vera juice

2 teaspoons avocado oil

1

Use a funnel to combine all of the ingredients into a glass spray bottle. Shake vigorously to mix.

2

To use, shake vigorously, then lightly mist hair from roots to tips.

No avocado oil? No worries! Use 2 teaspoons of olive oil, almond oil, or melted coconut oil instead.

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If your hair isn't wet, create instant volume with dry shampoo instead—flip to page 71 for the recipe.

TEXTURIZING VOLUME SPRAY

- 1 cup water
- ½ cup aloe vera gel
- 1 teaspoon Epsom salt
- 5 drops lavender essential oil

1

Microwave the water for 1 minute, then stir in Epsom salt until fully dissolved.

2

Stir in aloe vera gel and essential oil, then se a funnel to pour the mixture into a glass spray bottle.

3

To use, spritz the product on damp hair and scrunch to create volume.

HEAT PROTECTANT SPRAY

1 cup water

1 tablespoon avocado oil

1

Use a funnel to combine all the ingredients into a spray bottle, and shake vigorously to combine.

2

To use, shake vigorously to mix before misting over hair. Let sit for 1-2 minutes to help the oil soak into your strands before applying heat.

Avocado oil has a high smoke point of 520°F, which means blow dryers, curling irons, and straighteners won't harm your hair, since most don't go above 450°F.

Lightweight Curl Cream

½ cup aloe vera gel
2 tablespoons shea butter
2 tablespoons almond oil

1

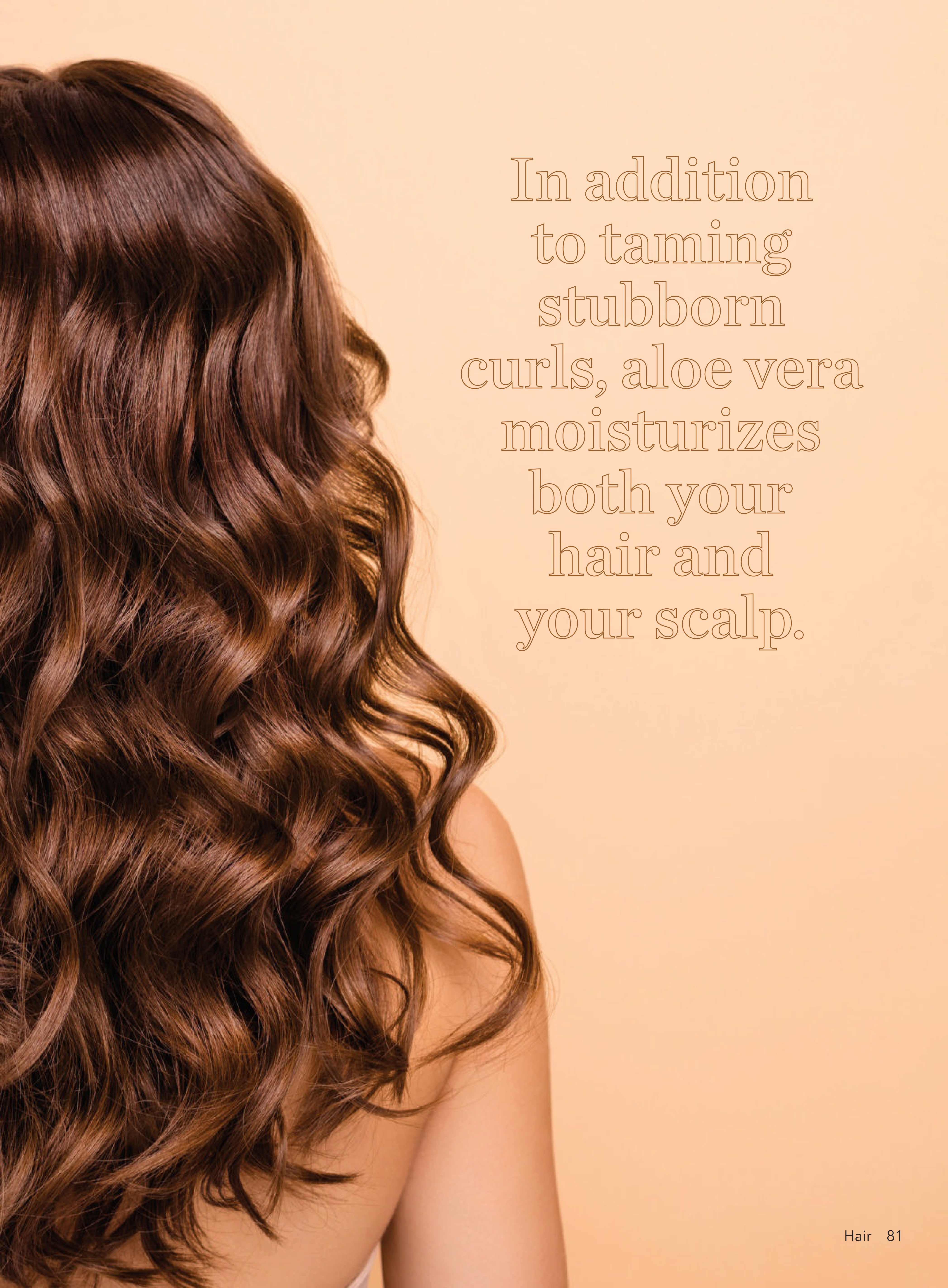
Melt shea butter in the microwave.

2

Stir in aloe vera gel and almond oil.

3

To use, apply a quarter-sized dollop of curl cream to wet hair coating each strand from root to tip. Scrunch your hair or twist curls around your finger to help define them, then let air dry or use a diffuser.



In addition to taming stubborn curls, aloe vera moisturizes both your hair and your scalp.

SINUS-CLEARING STEAM

4 cups water
5 drops oregano essential oil
5 drops eucalyptus essential oil
3 drops tea tree essential oil
2 drops peppermint oil

1

Bring water to a boil, then pour it into a heat-safe bowl.

2

Add essential oils.

3

Lean your head about 1 foot over the bowl of steaming water, cover your head and the bowl with a large towel to keep the steam in, and breathe deeply for 3-5 minutes.

Repeat every 3-4 hours as needed to open up sinuses.

VAPOR RUB

¼ cup coconut oil
3 tablespoons beeswax pastilles
4 tablespoons olive oil
5 drops eucalyptus essential oil
5 drops lavender essential oil
5 drops peppermint essential oil
5 drops tea tree essential oil

1

In a double boiler over medium heat on the stove, combine coconut oil, beeswax and olive oil until fully melted.

2

Remove from heat and add essential oils.

3

Pour into a clean glass container with a lid.

4

To use, massage onto chest and apply small dabs behind the ears.

If you'd prefer, you can also pour it into a clean deodorant container for easy and quick use.

LEMON HONEY COUGH DROPS

½ cup coconut oil
½ cup raw honey
1 teaspoon lemon juice

1

Using an electric hand mixer, whip room temperature coconut oil for 5 minutes.

2

Add the honey and lemon, then whip for 5 more minutes.

3

Spoon the mixture into ice cube molds and place in freezer for 20 minutes.

4

Once set, remove the cough drops from the molds and store in an airtight glass container in the fridge.

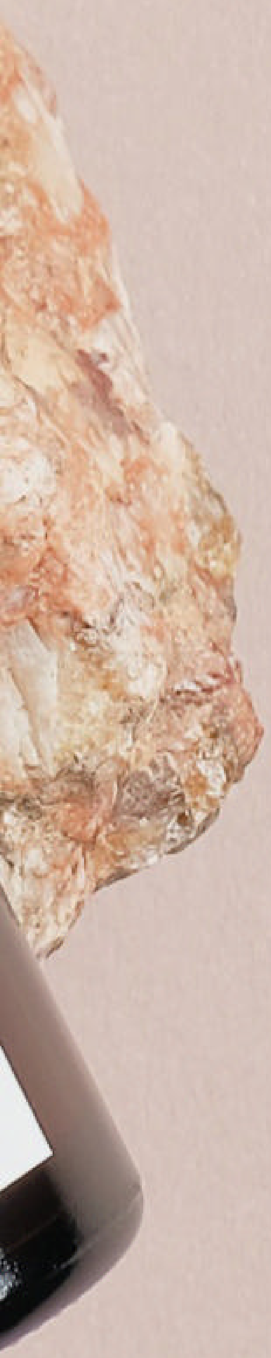
5

Suck on one as needed to help soothe a cough or sore throat.

You can add 1 teaspoon of cinnamon or ginger to the mixture for flavor and additional cold-fighting power.

throat
spray

Not recommended for children under 3.



SORE THROAT SPRAY

Tincture

½ cup dried marshmallow root

½ cup dried sage

½ cup dried echinacea

80 proof alcohol

Sore Throat Spray

¼ cup tincture

⅛ cup vegetable glycerin (or honey)

⅛ cup distilled water

10 drops peppermint essential oil

To Make Tincture

1

Mix all dried herbs and place into a pint-sized mason jar.

2

Fill jar to the lip with alcohol, cover with lid, and shake well. Store in a cool dark place for 6-8 weeks.

3

After infusing for 6-8 weeks, strain out the herbs, and reserve the remaining liquid tincture in a lidded jar.

To Make Sore Throat Spray

1

Combine the tincture, vegetable glycerin (or honey), distilled water, and peppermint essential oil and mix thoroughly.

2

Using a funnel, pour the mixture into a glass spray bottle.

3

To use, shake well, then apply 1-3 sprays to the back of the throat up to 5 times a day as needed.

SORE THROAT TEA

1 teaspoon ginger root, grated

1 teaspoon turmeric

1 tablespoon raw honey

1 cup water

1

Heat water to your desired hot tea drinking temperature, then pour it into a heat-safe mug.

2

Stir in the ginger root, turmeric, and raw honey until thoroughly mixed and the honey has dissolved.

3

Drink immediately to help soothe a sore throat and repeat as needed as often as you'd like.

YOU CAN ALSO USE GREEN TEA as a base, rather than plain water, if you want a boost of caffeine.

Make a new batch every 24-36 hours to ensure freshness and potency.

EAR ACHES

¼ cup olive oil

1-2 garlic cloves, minced

1

Heat oil in a small saucepan on the stove over medium heat. Add minced garlic and reduce the heat to low. Let simmer for 15-20 minutes, or until garlic is fragrant and infused into the oil.

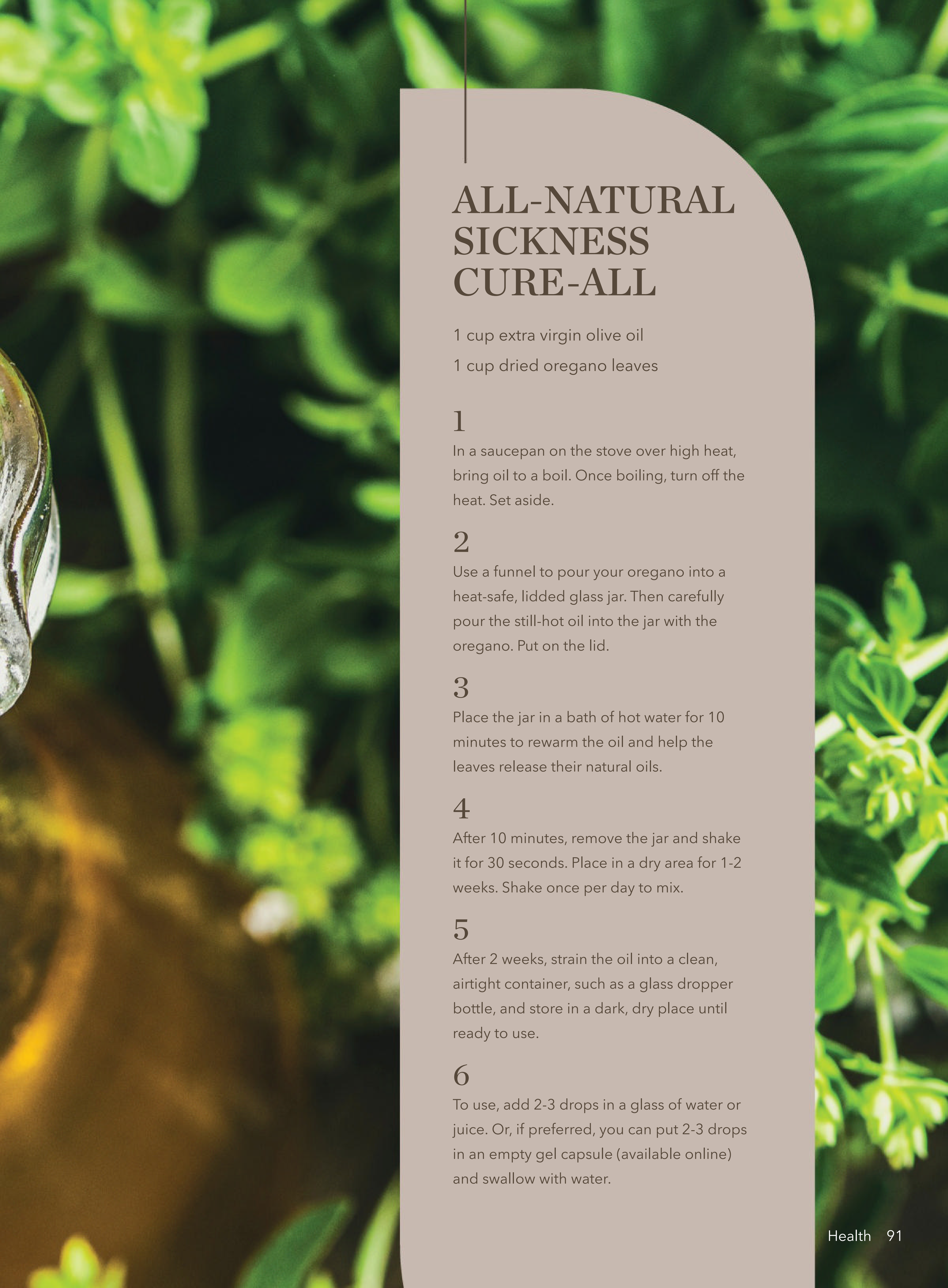
2

Strain out the garlic. Pour oil into a glass container and let sit until it cools to room temperature. (It can still be slightly warm, but not too hot.)

3

To use, place 2-3 drops in ear and use a cotton ball to keep oil from seeping out. Continue to use every 4-6 hours until relieved.

OIL OF OREGANO is antiviral, antibacterial, antiparasitic, antioxidant, anti-inflammatory, antifungal, and contains digestive properties, too.



ALL-NATURAL SICKNESS CURE-ALL

1 cup extra virgin olive oil

1 cup dried oregano leaves

1

In a saucepan on the stove over high heat, bring oil to a boil. Once boiling, turn off the heat. Set aside.

2

Use a funnel to pour your oregano into a heat-safe, lidded glass jar. Then carefully pour the still-hot oil into the jar with the oregano. Put on the lid.

3

Place the jar in a bath of hot water for 10 minutes to rewarm the oil and help the leaves release their natural oils.

4

After 10 minutes, remove the jar and shake it for 30 seconds. Place in a dry area for 1-2 weeks. Shake once per day to mix.

5

After 2 weeks, strain the oil into a clean, airtight container, such as a glass dropper bottle, and store in a dark, dry place until ready to use.

6

To use, add 2-3 drops in a glass of water or juice. Or, if preferred, you can put 2-3 drops in an empty gel capsule (available online) and swallow with water.

HOW TO TREAT CUTS & BURNS

Caring for cuts and burns requires just one ingredient: raw manuka honey. To use, spread a thin layer over injured skin and wrap it with gauze to keep it clean. Its antibacterial properties keep cuts and scrapes from getting infected, while its anti-inflammatory properties soothe burned skin.

DON'T USE THE PASTEURIZED HONEY you'll find at most grocery stores—it's been treated with heat, which makes it ineffective for wound healing.

IMMUNITY-BOOSTING GUMMY VITAMINS

FOR OTHER FLAVORS, try using grape, cranberry, pomegranate, mango, grapefruit, or papaya juice instead.

8	teaspoons plain gelatin powder
½	cup orange juice
½	cup carrot juice
2	tablespoons raw honey
1-2	scoops vitamin C powder

1

In a small pot over low heat, combine the orange juice, carrot juice, and raw honey, and stir until melted.

2

Adding one teaspoon at a time, stir in the gelatin. Keep mixing until fully dissolved.

3

Stir in vitamin C powder.

4

Remove from heat and quickly transfer the mixture into silicone candy molds using a dropper. Place molds in the fridge for 1 hour to set. Once cool, remove from molds and transfer to a lidded glass jar.

5

To use, eat 1-5 gummies daily, depending on the amount of vitamin C powder you added and your nutritional needs.

ALL-NATURAL BUG SPRAY

1 cup witch hazel

30 drops of each essential oil desired

1

Use a funnel to pour witch hazel into a glass spray bottle.

2

Add desired essential oils and shake vigorously to mix.

3

To use, shake to mix before spraying over exposed skin.

It's best to stick to just 2-3 different essential oils at a time, otherwise they could overpower one another.

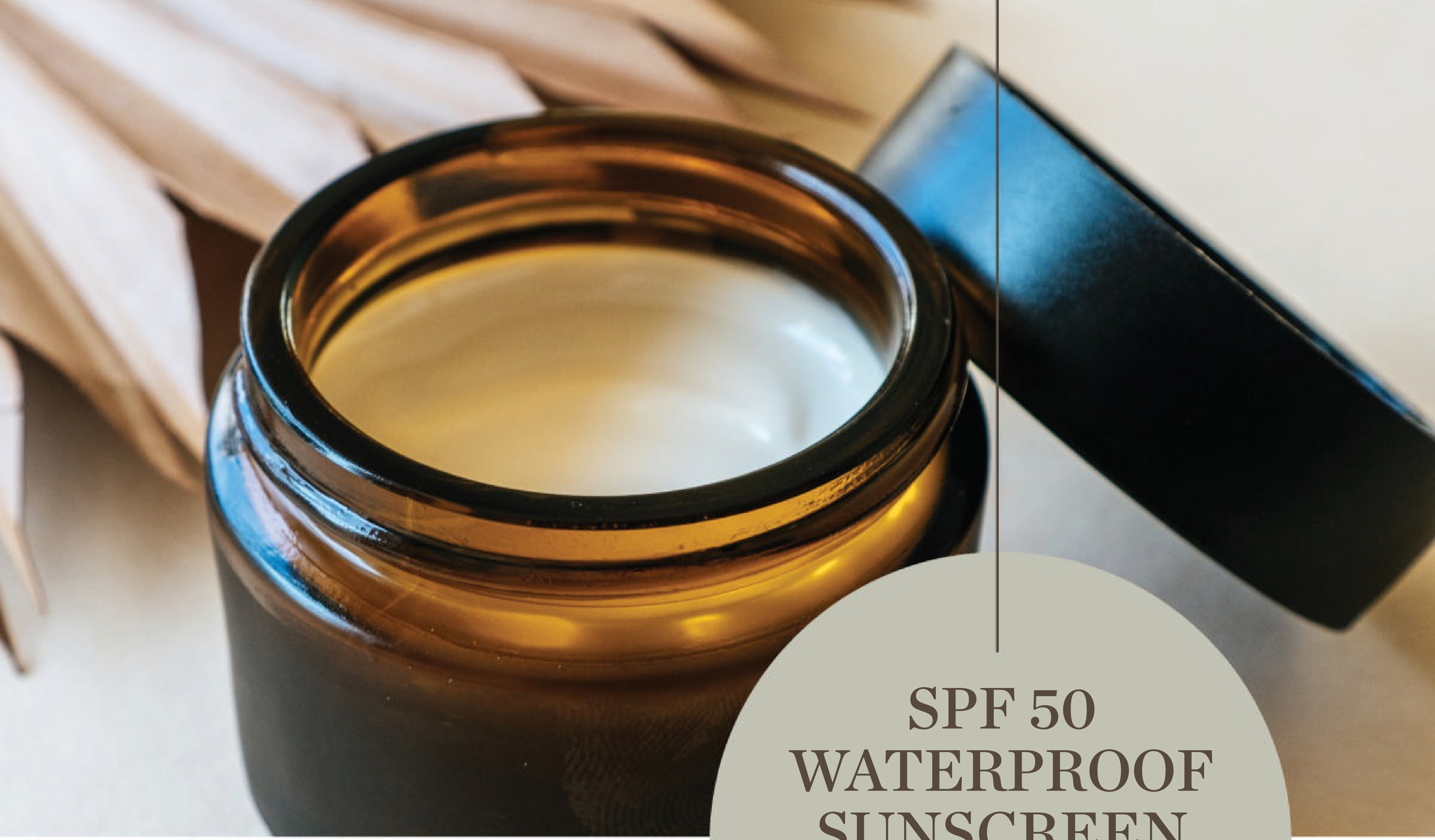
Mix It Up

Repel mosquitoes: citronella, lavender, peppermint, basil, thyme, and garlic

Repel ants and flies: peppermint, basil, cedarwood, and geranium

Repel gnats: citronella, lemongrass, and geranium

Repel ticks and lice: garlic, thyme, peppermint, and geranium



SPF 50 WATERPROOF SUNSCREEN

1 tablespoon coconut oil

1 tablespoon carrot seed oil

1 tablespoon shea butter

1 tablespoon beeswax pastilles

2 tablespoons zinc oxide

1

In a double boiler over medium heat on the stove, combine the coconut oil, carrot seed oil, shea butter, and beeswax until melted.

2

Remove from heat and stir in zinc oxide until mixed thoroughly. Transfer to a jar or squeeze bottle.

3

To use, apply liberally to dry or wet hair, coating each strand from root to tip. Cover with a shower cap or towel and let sit for 20-45 minutes before rinsing out with shampoo and water.

> Carrot seed oil (not carrot seed essential oil) naturally has an SPF of 35+, and the beeswax makes it waterproof.

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